

# NEWSLETTER

## AIDS NETWORK OF EDMONTON SOCIETY

JANUARY/FEBRUARY 1989

VOLUME 4 NO.1

# Province Wide AIDS Awareness Week March 13-19

The Honourable Nancy Betkowski, Minister of Alberta Health, will announce the Second province wide AIDS AWARENESS WEEK. AIDS Awareness Week will run from March 13 - 19, 1989.

The week will include educational and public awareness events sponsored by AIDS groups in Edmonton, Calgary, Red Deer, Grande Prairie, Lethbridge, Jasper and Fort McMurray.

It is hoped that health units, school boards and social service agencies across the province will plan events or activities during the week to help raise awareness about AIDS.

Events will be publicized in the media and schedules will be available from local AIDS groups in early March.

## IN MEMORIAM

January is a difficult month to acknowledge the loss of our friends. Indeed, in the first month of the year, the joyful sounds have a hollow ring and our hearts are filled with the memories of all those we've lost in the past year - and in the other years too.

Five of our friends: Rudy, Robert, Casey, Michael and Rick have left us in the past months.

Their long suffering, passion for life and courage moved us deeply. We wish them, their friends and families peace.



## INDEX

Canada Youth & AIDS Study .....	pg 2
Annual Meeting .....	pg 3
Karos House .....	pg 4
Pilot Project for IV Drug Users .....	pg 5
U of A Ribavarian Drug Study .....	pg 6
Upcoming Events .....	pg 7

# Canada Youth & AIDS Study

This is the first of a two part article on the study recently released by Kingston University on Youth and AIDS.

The Canada Youth & AIDS Study undertaken by Queens University at Kingston and funded by the National Health Research and Development Program, Health and Welfare Canada was released on December 1, 1988. Their findings have serious implications for educating youth to protect themselves against contracting the AIDS Virus and other STD's.

"This study was designed to find out what Canadian Young people know about AIDS and other STD's and to determine how they have responded to this knowledge." The researchers targeted 38,000 Canadians in grades 7, 9, 11 and 1st year of university or college, as well as drop outs and street youth. The report looked at five basic areas of concern.

### KNOWLEDGE OF AIDS AND OTHER STD's:

It would appear from the study that "... young Canadians can accurately define AIDS and they know how the human immunodeficiency virus (HIV) is transmitted." However, it would seem that they are not as well informed about preventing HIV infection, and have even less knowledge about other STD's. While there is confusion about the available information, and youth recognize a need for "clear, frank, accurate and unbiased" information, they do not seem to be motivated towards changing behaviour that puts them at risk of infection.

### SOURCES OF INFORMATION:

The Queens study reports that television and print media, and schools have been the major source of information on AIDS. The preferred source of information on the other hand is from doctors and nurses. "They seem to want more personalized information from experts." A large number of the young people who participated in this study indicated that they are highly suspicious of their current sources of information on AIDS. While they generally accept the information received from schools they feel that this source of information

is not specific enough on sexuality and STD's. It would seem that " few sources are committed to helping them receive complete and truthful knowledge.

### BEHAVIOR:

The study supports the premise that education is essential. AIDS is "...transmitted almost exclusively by behaviours that can be avoided or modified." With the knowledge of what AIDS is, and how it is transmitted, young people should be able to take appropriate actions to reduce their chances of contracting the virus. The study poses two questions under this section: 1. "Do Canadian Youth have appropriate levels of knowledge and the necessary beliefs to make decisions leading to informed and responsible behaviours?" 2. "Do Young Canadians behave in ways that would prohibit the spread of HIV infection?"

The answer appears to be no. It would also appear that while they have a basic level of knowledge about AIDS Canadian Youth are not making decisions that "lead to informed and responsible behaviours".

.. "It is hypothesized from the date that this may be partially attributed to the fact that AIDS has not touched them on a personal level. Adolescents view AIDS as a disease that happens to others. "Regardless of the reasons why many youth have decided to be sexually active, an alarming number of those who are engaged in behaviour through which infections can be transmitted. If AIDS gains a foothold ..the vehicle that will drive its spread is already in motion."

### ATTITUDES:

Three attitudes were explored.

### Homosexuality:

AIDS has fostered a negative attitude by Canadian Youth towards homosexuality. Many youth reported ostracizing homosexuals as a defense mechanism and thus as a way of protecting themselves against HIV. " Such thinking gives a false impression of who is and is not free of

HIV. Public expression of reproach or scorn drive underground those most in need of education and counselling." The message " behaviour may place one at risk; simply belonging to a group does not" is not getting through to the youth of Canada.

#### AIDS/HIV

These negative feelings towards homosexuals are transferred to people with HIV and AIDS. The report suggests that ... "education should foster in young people a spirit of understanding and compassion for HIV-infected people and people with AIDS, and educators should teach youth to protect the human rights and dignity of both infected and terminally-ill people."

#### Sexual Intercourse

The report finds that older youth accept the fact that their peers are sexually active. "Because sexual activity is valued by most older adolescents preaching abstinence will probably be less effective than encouraging informed and responsible sexual behaviours."

The Youth in this study have a strong negative attitude towards the use of condoms. The report suggests that we should be developing a positive attitude towards condom use. "This difficult task .... must be shared by educators, parents and counsellors as well as advertisers."

#### HIGH RISK YOUTH:

"Street youth .... are most likely to contract and spread AIDS and other STDs because they take more risks with respect to sexual activity and many regularly share drug-injection needles." Top this off with the fact that street youth as a rule are rebelling against authority, and we have a group that is difficult to reach. This study shows that street youth know what AIDS is and how it and other STDs are spread. Their preventive strategies however do not reduce their risk of exposure to HIV. Many exclude homosexuals from their social group, assuming that this will protect them. Many street youth in the sex-trade will use condoms with their customers, but do not use condoms with their peers. Another important factor is that needle sharing

is not only part of the subculture of drug users, it is part of a ritual that acts to maintain group solidarity". Street youth behaviours leave them at high risk of contracting HIV. Their preventative strategies will not protect them.

Other high risk youth include school drop-outs. Like street youth they exhibit the same high risk behaviours and are no longer under the influence of school programs, and most may not respond to many community-based programs.

The third group of high risk youth found within our school systems are deviant groups of young people with anti-establishment attitudes whose behaviours may put them at risk. Many of them use illicit drugs and have many sexual partners."

COPIES OF THE FULL STUDY ARE AVAILABLE FROM THE PROVINCIAL AIDS OFFICE. PHONE 427-2830 FOR YOUR COPY.

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## *Annual Meeting*

The Annual General Meeting of the AIDS Network of Edmonton Society will take place on Wednesday, March 15, 1989. The Honourable Nancy Betkowski, Minister of Alberta Health will be the guest speaker.

Dr. Laurence Jewell, Chairperson of the Board of Directors and other Board members will report on activities of the Network during the last year. The 1988 Annual Report will be available at that time.

The Second AIDS Network's Community Leadership Award will be presented by Dr. Jewell during the evening.

Persons selected by the Search Committee will be officially nominated for election to the Board of Directors. Only those having current memberships will be eligible to vote.

The meeting will take place at the Unitarian Church, 12530 - 110 Avenue at 7 p.m. An informal social will follow.

# Karos House Supports PLWA

KAROS HOUSE, operated by Catholic Social Services, provides accomodations and support to persons with AIDS. The program is non-denominational, for both men and women.

KAROS House opened 14 months ago, in a duplex in the west end of Edmonton and has 5 beds available for residents, but can accomodate up to 10 if the need arises.

KAROS is for those persons with AIDS who require some degree of care and assistance, and are finding it difficult to have those needs met through community resources. It was originally developed to assist persons with AIDS who faced difficulties in either finding and or keeping a place to live. Persons with AIDS who require added support due to substance abuse, mental health or behavioral issues find assistance and support at KAROS.

Staff at KAROS are available on a 24 hour a day basis, 7 days a week. They provide counselling, emotional support, assistance with daily living tasks such as meal preparation and ensure access to nursing care.

There is a nominal rent charged for staying at KAROS, but includes laundry facilities and access to a phone.

## Tom Gale Farewell

After four years of involvement with the AIDS Network of Edmonton Society, Tom Gale will be leaving January 30 to pursue his painting interests on a full time basis. Tom has been involved at the Network first as a volunteer then was hired as the Society's first staff person in June 1985. Tom has contributed greatly to the development and growth of the Agency and in the services provided to persons affected by AIDS in the community. Board members, staff, volunteers and the many persons Tom has assisted over the years will miss him and are very grateful for his contributions in the fight against AIDS. We all wish Tom every success with his future plans and invite you to his solo show scheduled for June.

Follow up and outreach services are also available to former residents and PWA's in the community in the form of emotional support and assistance in accessing community and government services.

KAROS House is most effective in assisting residents with the uncertainty, anxiety and depression that often accompanies this disease.

KAROS House is not able to provide this needed service without the generosity and involvement of the community through donations and volunteers.

If you are able to donate your time as a volunteer, or donate money or household items for this House, staff and residents would certainly appreciate it.

If you know someone who has tested positive or who has AIDS and needs a supportive place to live, counselling and support for themselves or for friends please call Catholic Social Services at 432-1137 and ask to speak to someone about KAROS House. Respite care for a day or two per week is also available at KAROS House.

## *Support for You*

Have you tested positive for HIV?

Maybe you don't have a positive test or have not been tested and maybe you are concerned about your health status or perhaps you are concerned about a friend or lover or relative.

Are you anxious about your relationships, your privacy, your job security, your family relationships, your ability to cope in the age of AIDS?

Do you know where to go for help?

We can meet you in the community, at a coffee shop perhaps. We can also just talk on the phone. No pressure - just supportive listening and discussing options.

# Edmonton Pilot Project for IV Drug Users

The AIDS Network of Edmonton Society and other Edmonton social services agencies have been meeting to develop an outreach program to the IV drug population. Individuals from the Provincial STD Clinics, AADAC, the Edmonton Board of Health, Boyle Street Co-op, Boyle McCauley Health Centre and the AIDS Network of Edmonton are developing a multi-component pilot project that will include a bleach and teach program, pamphlets and workshops about safer sex practices and possibly a needle exchange program.

The spread of HIV infection among the interavenous drug population has received much attention in recent months. At the May 1988 National AIDS Conference in

Toronto, it was pointed out that much more attention must be given to the spread of HIV infection among IV drug users in society. The Federal Centre for AIDS has indicated it will commit resources to study this issue.

It is not known how widespread the HIV AIDS causing virus has spread in Edmonton's drug community, however if other Canadians and North American cities are an example, many in Edmonton are at risk for AIDS. "An opportunity now exists to prevent a major outbreak in this high risk behavior population - a group that up to now has received little education" says acting chairperson David Fitzgerald, Co-ordinator of Support Services at the AIDS Network of Edmonton Society.

## Volunteer News

Bears, honey and Christmas Stockings characterized the fashion in which our volunteer program ended 1988. Monies raised by volunteers and staff through our Community Club Awards went towards the purchase of twelve cuddly stuffed bears which were distributed to each of our clients before Christmas. Through the sale of honey \$404.00 was raised which is earmarked for purchasing educational materials for the Network. Volunteers were involved in making 375 Christmas Stockings filled with safer sex tips, 2 condoms and a candy cane, which were distributed to two of the Gay Clubs.

Volunteers contributed 7,000 hours of their time in 1988.

The New Year is already proving to be busy. The overall goal for the year is to plan and implement an operational model of a fully integrated volunteer program into the agency to reflect the developing maturity and complexity of volunteer services being provided.

Although the volunteer program will likely remain at its current size of 125 volunteers, there will be some expansion of the functions and services which they will be providing. It promises to be a very interesting year!

## New Safer Sex Brochures Available

The Network in co-operation with the Edmonton Board of Health have just published our new pamphlet "USE CONDOMS: MAKE THEM PART OF YOUR LOVE LIFE." This new publication is for the general public and is available from our office - single copies, no charge - Multiple copies - 10¢ each.

## MEMBERSHIP



A GREAT IDEA!

February is membership month. Take time to consider a \$25 annual membership in the society. All membership funds are directed to the Ross Armstrong Memorial Fund and used to support people affected by AIDS. Membership entitles you to receiving regular newsletters, voting at the annual general meeting and provides community support to the agency.

# U of A Ribavarian Drug Study Begins

An important development in drug therapy is occurring here in Edmonton. As many people already know a control group study using Aerosolized Pentamedine was begun in August. This is a National study which hopefully will lead to the approval of Aerosol Pentamedine as a drug of choice for both physician and patient. The downside of the study is that some individuals in the study are receiving a placebo while others are receiving the actual drug. Since the Federal Government controls the testing process there is no recourse on the local level to influence the study design. Yet given the high profile this drug has received in the States we can probably feel good about Canada finally taking the step to begin its introduction here.

Another drug is also in the testing process. A control group study of Ribavirin is set to begin with Edmonton participating. This also is a National study with a probable 3 year duration. The significance is that asymptomatic HIV+ individuals are the focus of this drug. With AZT requiring very specific guidelines, Ribavirin may be helpful to a wider range of persons. Should it prove effective in preventing infections many individuals could potentially benefit. This study is also a placebo control approach.

Both studies require participants to travel to the U of A Hospital on an outpatient basis. Both have specific health status requirements which must be maintained for the duration.

As everyone is well aware the best we can hope for in the foreseeable future are drug therapies which will cut the rate of infections and hopefully improve the quality of life for those affected by HIV. These two studies are good steps in the process.

If you are interested in participating or want more information on the studies contact Infectious Disease Department at the University of Alberta Hospital (432-6221).

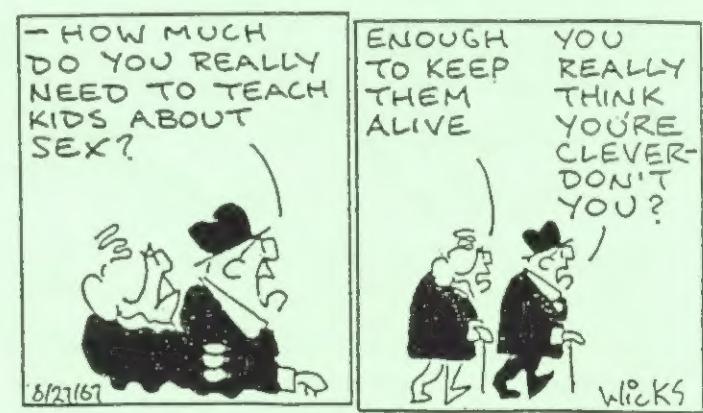


Several positions on the Board of Directors will be vacant by March 31. A Search Committee headed by Board Member, Guy Miner is looking for interested individuals to be nominated at the March 15 Annual General Meeting.

The Board is looking for new candidates with strong skills in fundraising, volunteer organization development, communication and experience in working in non-profit organizations or government.

If you are prepared to make a two year volunteer commitment and want to make a contribution to the development of the AIDS Network, please contact Guy, by February 20, at 432-0072.

## THE OUTCASTS/by Ben Wicks



# Upcoming Events

## FEBRUARY

February 13, 1989

Monday, February 13 at 8 p.m. the Phoenix Downtown will present a fundraising evening for the AIDS Network.

The Phoenix will introduce 3 new plays, "The Queen of the Cadillac" and "Warm Wind in China" by Kent Stetson, and "Grace" by Gordon J. Portman.

Author Kent Stetson will read his plays. The first, "The Queen of the Cadillac" set in P.E.I. is a comical piece about a woman who returns home to bury her dead father only to discover he refuses to stay dead.

"Warm Wind in China" centers on one man's struggle with AIDS and the effect the disease has on his lover and parents.

An excerpt from "Grace", by Gordon J. Portman, will be performed by 2 area actors. "Grace" provides an insight into the possible future of people who test HIV positive if detention camps become a reality.

All proceeds from the evening will go to the AIDS Network. The Phoenix is suggesting a \$2 - \$5 minimum donation.

## MARCH

The Annual General Meeting of the AIDS Network of Edmonton Society will be held on March 15. The Honourable Nancy Betkowski, Minister of Alberta Health will be the guest speaker. The meeting will be held at the Unitarian Church - 12530 - 110 Avenue at 7 p.m.

Western representatives of the Canadian AIDS Society will meet in Edmonton March 3, 4, and 5. Eight groups will send representatives to the conference.

## JUNE

The Fifth International AIDS Conference will be held in Montreal on June 4th to 9th, 1989. The theme: AIDS; The Scientific and Social Challenges.



# Proclamation

WHEREAS no public issue in recent years has provoked as much fear, anxiety and emotional debate as AIDS, and;

WHEREAS the issue of how to deal with Acquired Immune Deficiency Syndrome (AIDS) is raised daily within all sectors of our community and among all members of our community, and;

WHEREAS it is only through increased awareness of AIDS that as a community, and as individuals, we can respond to this public health issue, and to the individuals personally affected by AIDS, sensibly and with compassion and understanding,

THEREFORE I, MAYOR TERRY CAVANAGH, DO HEREBY PROCLAIM MARCH 13 - 19, 1989 as "AIDS AWARENESS WEEK" IN EDMONTON, and encourage all citizens of Edmonton to increase their awareness of AIDS through participation in the Week's events and activities.



Dated this Twentieth Day  
Of January, 1989

MAYOR OF THE CITY OF EDMONTON  
  
CITY CLERK

## ROSS ARMSTRONG FUND

<u>Balance</u>	\$2,576.32
Donations	\$1,448.00
Memberships	\$1,870.00
Interest	\$ 116.45
<u>Sub Total</u>	\$6,010.77
Grants	\$2,138.50
<u>NET</u>	\$3,872.27

**Office Address:**

10704 - 108 Street  
Second Floor  
Edmonton, Alberta  
T5H 3A3

**Telephone Number:**

Info Line: 429-AIDS (2437)  
Business Line: 424-4767

**Office Hours:**

Monday - Friday 9 am - 6 pm

**Information Line Hours:**

Monday - Thurs	9 am - 9 pm
Friday	9 am - 6 pm
Saturday	11 am - 3 pm

The newsletter is published monthly by the AIDS network of Edmonton Society with the financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH AND WELFARE CANADA AND LEVI STRAUSS CO. (Canada) inc.

The AIDS Network of Edmonton Society, incorporated in February, 1986, is a non-profit charitable organization (Reg. #0747212-11-25).

Donations to AIDS Research can be made through the AIDS Network Research Fund, administered by the University of Alberta. Donations are matched by provincial funds, and a charitable receipt is available.

	Ross Armstrong Office, 2nd Floor, 10704 - 108 Street Edmonton, Alberta, T5H 3A3 (403) 424-4767
AIDS NETWORK OF EDMONTON SOCIETY	
APPLICATION FOR MEMBERSHIP	
NAME: _____	
ADDRESS: _____	
CITY: _____	POSTAL CODE: _____
PHONE: _____	
A \$25.00 membership contributes to the support of persons with AIDS, entitles you to receive a monthly newsletter, and the right to vote at the AIDS Network annual general meeting.	
SIGNATURE: _____	DATE: _____
Please notify the AIDS Network if your address changes.	
Please inquire about the reduced membership rates for students or the unemployed.	

The mandate of the AIDS Network is to provide support to those affected by AIDS and to educate and inform with a view to limiting its spread.

**INFORMATION**

An informational and support telephone line operates Monday - Saturday. Pamphlets and a lending resource library is available to agencies and the public.

**EDUCATIONAL**

A speakers bureau provides speakers for educational presentations to concerned groups.

Audiovisual materials and information files are available on loan.

**COUNSELLING**

Confidential one-on-one professional counselling services are available to persons directly or indirectly concerned about AIDS. Referrals to other professional services are made on request.

**SUPPORT GROUPS**

For persons who have tested positive for HIV antibodies; for persons with AIDS; for friends, families and partners of persons with AIDS.

**ADVOCACY**

Assistance will be provided to individuals facing difficulties in receiving services because of their health status.

The AIDS Network works to coordinate the services of supportive public and private agencies in all areas involved by the AIDS crisis.

The services of the AIDS Network of Edmonton Society are provided FREE and on a CONFIDENTIAL basis.



The AIDS Network of Edmonton Society is a member of the  
**CANADIAN AIDS SOCIETY/LASOCIETE CANADIENNE DU SIDA**